

Do We Receive Our Minerals from Drinking Water?

[Minerals](#) are essential for the basic functions of the human body to take place. They help to control bone growth, regulate fluids, normalize nerve and muscle functions, keep up [metabolism](#), grow connective tissues, and so much more.



However, a big misconception is that we obtain enough minerals from our drinking water. This is actually not true because in reality, the main source of minerals is always from our food and diet, not from our drinking water. In order to receive enough minerals for our bodies, we would need to drink a full bathtub amount of water every day, which is not very feasible. We are sure that your doctor will not prescribe you a "bathtub of water" if you are deficient in minerals, right?

Keep in mind that water contains only inorganic minerals which can actually be detrimental to human health. Our bodies have a hard time processing inorganic minerals and what we cannot absorb may be stored in our tissues and organs and eventually become toxic to the body. The primary culprits are calcium salts and over time they can cause [gallstones](#), [kidney stones](#), bone & joint calcification, arthritis, and hardening and blocking our arteries. Organ failure and cancer could also occur from long term exposure to certain types of toxic or radioactive minerals found in tap and natural spring water. Organic minerals that are abundant in food are much easier to absorb and preferred by our bodies because they do not contain toxic minerals.

Major minerals your body needs and where you can find them

Calcium – Essential for strong bones and teeth. It also plays an important role in the digestive system. Lack of calcium can lead to osteoporosis.

- Almonds, brazil nuts, hazelnuts
- Broccoli, kale, okra, spinach, watercress
- Dried apricot and figs
- Mackerel, oysters, salmon, sardines
- Tofu, calcium-enriched soy cheeses and milk

Iron – Plays an essential role in the production of the body's white blood cells and immune system.

- Apricots, blackcurrants, figs, prunes, raisins, nuts
- Beans, lentils, eggs
- Broccoli, kale, peas, cabbage, spinach, watercress
- Lean red meat, liver, kidney
- Mackerel, oysters, sardines, tuna
- Wholegrain cereals and wholemeal bread

Magnesium – Helps regulate potassium and sodium which control your blood pressure. It also helps absorb and breakdown vitamins and minerals.

- Apricots, bananas, figs, prunes, raisins
- Brown rice, granary bread, wholemeal bread, whole-wheat pasta, nuts
- Green leafy vegetables, okra, parsnips, peas, sweet corn
- Lean meat, milk, yogurt

Zinc – An antioxidant and important for the maintenance of a healthy immune system

- Brown rice and wholegrain breads
- Cheese
- Crab, lobster, mussels, oysters, sardines, duck, goose, kidney, lean red meat, turkey

Also watch out for the water products which claim that they can take out ALL of the bad contaminants and leave you only the good stuff (healthy minerals) in the water. There is no real purification method that can be selective and leave you only the "good" stuff. When filters leave you the "good" stuff, they actually leave you "most" of the stuff in the water. "Most of the stuff" meaning besides [calcium](#) and [magnesium](#), they also leave [fluoride](#), [arsenic](#), [chromium](#), [perchlorate](#), [heavy metals](#), radioactive materials, [bacteria](#), viruses, and pharmaceutical drugs. These are all harmful contaminants that can cause illness, cancer or death. In this era of pollution where water contains much more disease-causing contaminants than beneficial minerals, it makes sense that the water we drink should be as pure and clean as possible.

So remember to eat healthy and enjoy a variety of vegetables and grains everyday which will provide you with the beneficial organic minerals to stay healthy the natural way.